

Mental Strength training

Duration

1 day

Contact details

+ 27 8 456 0819

+27 21 6747466

rod@buildingresilience.co.za

www.buildingresilience.co.za

www.facebook.com/trainingresilience

Delegate feedback

Excellent presentation that empowers you to be the leader and person you want to be.

This brought a totally different view of my life. It came at the right moment when I was just about to drown.

It is a very good workshop for managers who are under pressure to perform.

It has equipped me with valuable and practical skills on how to handle stress and be mentally strong.

I appreciated the application to real life work/family and group issues.

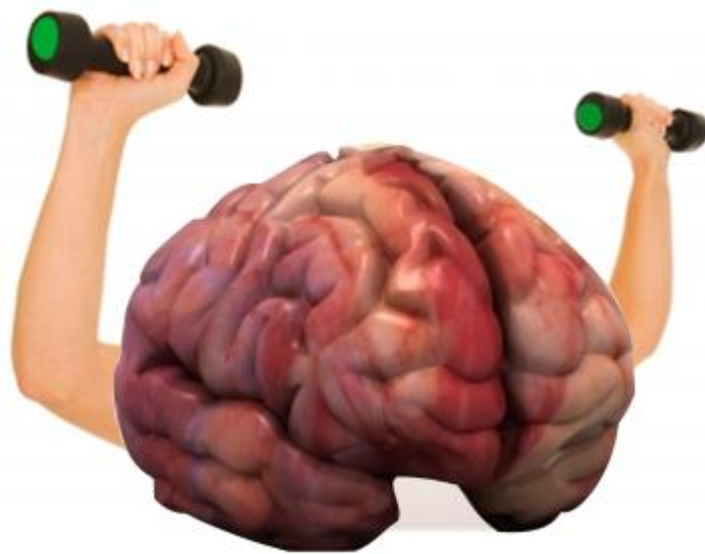
*Very informative!
Applicable at work and home.*

Why Mental Strength training?

Mentally strong people keep task-focussed and are more persistent than their colleagues who falter and give up. When they fail, they understand that failure is a necessary part of moving forward. They have a significant competitive advantage in personal productivity and employment value.

Research has found that mental strength or "grit" is the best predictor of success in school, in the military and corporate sales, rather than intelligence or even luck. It also predicts who will stay married and who will separate.

Mental strength can fortunately be enhanced through training, and everyone can become significantly mentally stronger.



What does Mental Strength training cover?

Mental Strength training helps people understand their natural inclination of how they interpret positive and negative events in their lives.

They learn alternate ways of interpreting events and ultimately how to create a different story of what happens in their lives.

Mental Strength training teaches the process and tools to remain composed under pressure and less vulnerable to emotional slumps at work and at home.

Mental Strength

Delegate feedback

Very practical and personalised for each delegate - quite remarkable and potentially can change my life.

What I have learnt I will be able to use in both my personal and professional life. An excellent workshop.

It was an eye-opener and has empowered me to reclaim my potential. I have learnt how to be mentally strong.

The workshop has helped me realise my inner strength and how to deal with challenges.

This will help me to do my job much better.

What I have learnt will make a big difference for the way I tackle my job and how I am at home with my family.

Theoretical as well as practical tools to be mentally strong -- an eye opener!

What will I walk away with at the end of the Mental Strength training?

- Tools to analyse how you interpret what happens in your life
- A three step process to restructure your thoughts
- Tools to control your reaction to strong emotions
- A four step method of creating new, desirable habits
- A plan to enhance high performance at work and home

What will I be able to do?

- Let go of the past, live your life in the moment and strive to be as present as you are able
- Admit mistakes you have made, without over blaming yourself
- Realistically interpret the impact of negative events in your life, preventing them from impacting throughout your life
- Realistically interpret the impact of positive events in your life as having a widespread and lasting impact throughout your life
- Experience more optimism and happiness at work and at home

Clients:

We work in South Africa, Southern Africa, Thailand and Australia including: Old Mutual, Momentum, Metropolitan, various South African local, provincial and national government administrations, Royal Swaziland Sugar Corporation, SAPS, Nokia Siemens Networks, TAL Australia.

About Rod Warner:

Rod has researched, developed interventions, presented and published in the field of mental strength and resilience to cope with stress. His book "The Building Resilience Handbook" is available from www.takealot.com its second printing.

